

## ABSTRACT

**Background:** Low back pain is a common condition affecting many peoples at some point in their lives. It continuous to be main health problem for which sufferers seek treatment in primary care. It is considered worldwide to be associated with socioeconomic status costs in term of direct health care cost and losses in relation to disability and work. In this study we evaluate the efficacy of Standard Acupuncture and Acupressure on Spleen Muscle Meridian in Chronic Low Back Pain patients with Lumbar Lordosis.

**Methods:** A Comparative Study were done to assess the efficacy of Standard Acupuncture treatment ,which involves needling and Acupressure, which involves thumb pressure for patients with Chronic Low Back Pain .Total of seventy subjects, mean aged ( $30.39 \pm 3.9$ ) were randomly assigned into two groups after satisfying the inclusion and exclusion criteria. Standard Acupuncture group (N=35) and Acupressure on spleen muscle meridian group (N=35). Both groups were assessed at baseline day 1 and after 7 days for VAS (Visual Analog Score). During these 7 days the Standard Acupuncture group received UB-23 ,UB-40 and k-3 acupuncture points bilaterally for 30 minutes of duration daily and Acupressure group received SP-12, 13,15 or tender points on spleen muscle meridian . Finally Standard Acupunture group (N=35) and Acupressure group (n=35) were completed the study.

**Results:** Both Standard Acupuncture group Acupressure group showed significantly improvement in the Pain reduction by Visual Analog Scale (VAS), Rolland morris low back pain and disability questionnaire and Lumbar Lordosis Angle ( $p < 0.001$ , Independent sample 't' test)

**Interpretation and conclusion:** Seven days of Standard Acupuncture and Acupressure on Spleen Muscle Meridian in Chronic Low Back Pain with Lumbar Lordosis individuals showed significant change in the reduction of pain and disability and change in Lumbar Lordosis Angle. Minimal Changes in Heart Rate and Pulse also noticed.

**Key words:** Chronic Low Back Pain :Standard Acupuncture; Acupressure ;Visual Analog Scale , Rollan Morris Low Back Pain and Disability Questionnaire ,and Lumbar Lordosis Angle.